

THE FRONTLINE

SPORTS & RECREATION

OCTOBER 1, 2009

Soldiers, Families run to Top of the Rock

By Bob Mathews

FMWR Marketing Publicity Specialist

The seventh annual Top of the Rock Run, held at Fort Stewart, Sept. 26, turned out to be very much an Army Family event.

The 5K and 10K runs had the friendly — yet determined — competitiveness that unites and toughens Army Families facing a challenge, whether that challenge is a run for a trophy or an impending, imminent deployment.

There were individuals chasing goals with Family Members at their sides. There were Families competing with the hope of taking home a trophy, or just participating together for fun.

Company-level Army units ran as one, hoping to capture a trophy and the bragging rights that go with being tops in a competition.

Some moms and dads pushed their children in strollers as they made their way through the 5K or 10K courses, paying more attention to how the youngsters were faring than the time they were making in the run.

Organizers said 214 participated in the Top of the Rock Run in humid conditions, which tested runners' endurance. More than 100 ran the 5K and the remainder ran the 10K, organizers said.

Chief Warrant Officer Dwayne Guidry joked that he had "no idea" why he was running the 5K, (the Army makes him run, he said), then quickly added he was supporting wife Darlene in her first 5K. Son Trent, 10, and daughter Brea, 11, also were there to support her mom.

After the event, a tired Darlene Guidry said she wasn't accustomed to

the humidity — because most of her training was done during the evenings — and that affected her time.

"But I now can say that I finished a 5K," she said.

The Top of the Rock Run was all about Family for Maj. Kealii Morris of the 2nd Battalion, 7th Infantry Regiment, 1st Heavy Brigade Combat Team. He guided Leilani, 10, and Kekoa, 6, through a regimen of stretching exercises shortly before the 5K. He said the Top of the Rock Run was a good way to have some fun together, particularly as "we're getting ready to deploy." The Family ran in last year's Top of the Rock Run as well.

Family Members joined Maj. Gen. Tony Cuculo, 3rd Infantry Division commander; Fort Stewart Garrison Commander Col. Kevin Milton and Hunter Garrison Commander Lt. Col. Jose Aguilar in the Top of the Rock Run.

Fort Stewart Garrison Sgt. Maj. James Ervin also ran in the Top of the Rock.

Kelly Franz, who lives in Ludowici, said she ran the 5K "for fitness, to be a good Mom and to teach my boys (Ayden, 5, and Joshua, 2) to stay fit."

Andrew Lopez, a Liberty High School senior, won the 5K for the second consecutive year, with a time of 18:51. He's the son of Alonso and Monica Lopez of Hinesville.

Private First Class William Morgan of the 226th Quartermaster Company, 87th Combat Sustainment Support Battalion, 3rd Sustainment Brigade, won the overall 10K honors, posting a time of 37:16. He proudly told his wife, Nikiya, holding their year-old son, Jaiden, "I beat em, Babe!"

Morgan said he felt comfortable during the race.



Photos by Bob Mathews

Andrew Lopez (705) led the 5K competition from the start of the Top of the Rock Run at Fort Stewart, Sept. 26. Lopez, a Liberty High School senior, won the 5K for the second consecutive year, with a time of 18:51.

"I set out to stay in front of everybody and to set my pace the whole time, he said. "That was my objective."

During an awards ceremony following the event, Maj. Gen. Cuculo praised all of the participants for an "outstanding job."

"It's great to see the companies out, with the guidons," he said. He also thanked the Youth Challenge Academy teams for participating.

Assisting Maj. Gen. Cuculo in presenting the various awards were Col. Milton, Lt. Col. Aguilar and Command Sgt. Maj. Ervin.

Amber Cerchione ran the Top of the Rock Run 5K with her children Connor, 5, and Giuliana, who will be 3 in October. She is the wife of Capt. Vincent Cerchione of the 260th QM Bn.



Golfers tee off



Randy Murray, Fort Stewart Public Affairs

Amber Franks, Directorate of Public Works Environmental Branch, tees off during the Garrison Commander Golf Scramble at Taylors Creek Golf Course, Sept. 25. Franks' team, which included Col. Kevin Milton, U.S. Army Garrison commander; Paul Andreshak, former deputy garrison commander, and Jim Nicksch, Directorate of Logistics; took fourth place overall, seven points behind the 1st place team. For results. See Page 2C

Soldier fishing day fun for whole Family

Randy Murray

Fort Stewart Public Affairs

More than 125 Soldiers, retirees, veterans, Family Members, Army Civilians and guests endured the hot Georgia sun and merciless humidity as they lined the banks of Fort Stewart's Pond #30 for five hours of fishing fun, Sept. 26. To ensure the event's success, the Directorate of Public Works' Fish and Wildlife Branch stocked the pond with 750 pounds of 12 to 14-inch long catfish, according to Susan Chipple, Directorate of Family and Morale, Welfare and Recreation.

"I love it out here," said Staff Sgt. Richard French, 26th Forward Support Battalion, 2nd Heavy Brigade Combat Team. "I try to take my Family fishing every weekend. Last weekend, we were (fishing) down at Harris Neck (National Wildlife Preserve)."

Staff Sergeant French won the drawing for a new rod and reel presented by DFMWR, but he was too busy catching catfish to collect his

prize, so he tasked his wife to go the DFMWR trailer to accept it for him. His children stayed behind, assisting him by baiting hooks and putting fish on the stringer. Their Family fishing operation looked something like an assembly line. Staff Sergeant French said he was trying to get in as much Family time as he could because he'd be re-deploying soon and have to focus his attention on keeping his Soldiers safe. Fishing, he said, was the best way for his whole Family to have fun.

Although the event focused on getting single Soldiers out of the barracks by letting them know about fishing and hunting opportunities on the installation, Chipple said it was open to everyone. State and post fishing permits were waived, and DFMWR even provided bait for the event — night crawlers and chicken livers. Any observer could tell the chicken livers were immensely more popular with the catfish than the more squeamish, first-time fishermen, who preferred to let someone else bait their hooks.

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Winn's WTB enhances physical training program

Mindy Anderson

Winn Public Affairs Office

Warrior Transition Battalion squad leaders, platoon sergeants, occupational therapists and physical therapists from Forts Stewart, Eustis, Polk, Leonard Wood, Bliss, Knox, Meade and the Warrior Transition Center in Virginia con-

verged on Winn Army Community Hospital's Warrior Transition Battalion for a "Train the Trainer" clinic, Sept. 21-23.

Partnering with the U.S. Paralympic Military Committee, Winn WTB hosted this clinic to assist with setting-up a Sports and Recreation program for injured 3rd Infantry Division Soldiers.

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CORRECTION TO THE FRONTLINE: An article in last week's Frontline, "3rd ID takes second in All-Army Combatives" on page 3C did not include the name of one of the tournament's winners. Specialist Matthew McGee, a Soldier from 603rd Aviation Support Battalion, 3rd Combat Aviation Brigade, 3rd Infantry Division, placed third in the welterweight division (155 lbs) at the All-Army Combatives tournament held at Fort Benning, Ga., Sept. 20.

Fort Stewart Garrison Commander's golf tournament roundup

Fifteen teams signed up for this month's Garrison Commander's Golf Scramble at Taylors Creek Golf Course, which kicked off with a shotgun start at 1 p.m., Sept. 25. The later start allowed the morning dew to evaporate but made for a warm afternoon for the Soldiers, retirees and Army Civilians competing in the hot Georgia sun.

The final Garrison Commander Golf Scramble of 2009 for Hunter Army Airfield is scheduled for Oct. 16 and for Fort Stewart, Oct. 30. Both events will have a 1 p.m. shotgun start. Anyone interested in signing up for either golf scramble should call 767-2370.

This month's scramble results were as follows:

1st Place (57)

Capt. Matt Lankford
Capt. Bruce Ericson
Capt. Marcus Wildy
Capt. Stanley Gaylord

2nd Place (61)

Col. (Ret.) Julie Hermann
Sgt. Maj. Max Brown
Master Sgt. Bart Koch
Sgt. 1st Class (Ret.) Terry Middleton

3rd Place (62)

Staff Sgt. Nicholas Burkeen
Sgt. John Blas
2nd Lt. Ryan McAlister
Capt. Thomas Carrol

4th Place (64)

Col. Kevin Milton
Amber Franks
Paul Andreshak
Jim Niksch

5th Place (64)

Staff Sgt. Willie Scott
Staff Sgt. Gus Gordon
Sgt. 1st Class Alvin Thompson
Master Sgt. (Ret.) Dennis Kennedy

Closest to the Pin

Sgt. Maj. Max Brown

Longest Drive

Chief Warrant Officer Houston Burke

FISH

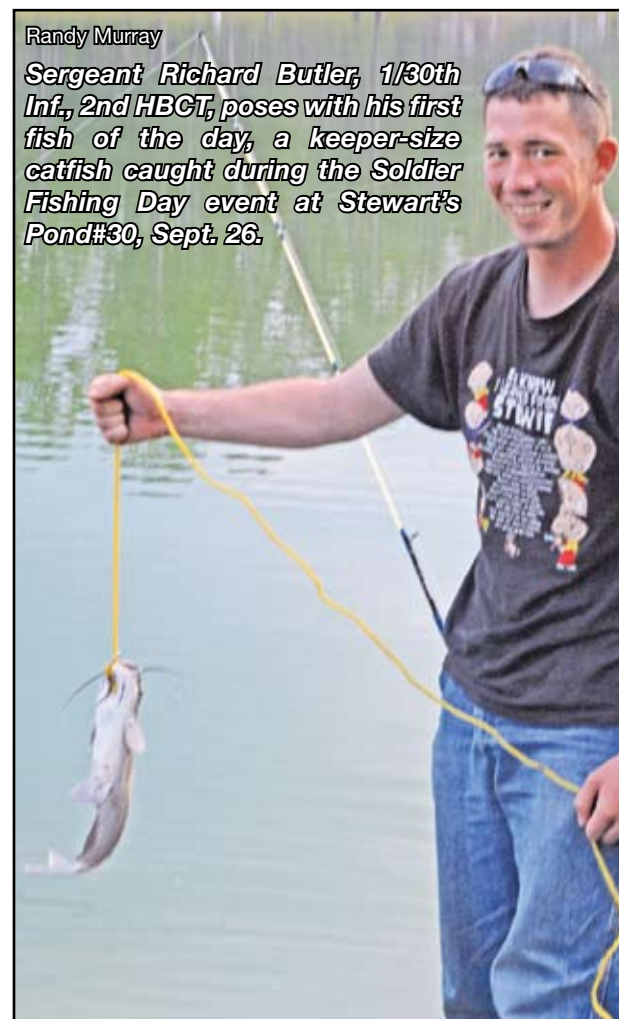
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A limited number of fishing rods were made available for single Soldiers and first-time fishermen, and Directorate of Logistics provided a bus that shuttled single Soldiers to and from the event. DPW Fish and Wildlife representatives were also on-hand, manning a booth that provided information about hunting and fishing on post and off. They even fried up some catfish and hushpuppies and gave out free samples for the hungry fishermen. Still another trailer with sinks and running water was provided for fishermen to clean their day's catch, and for first-time fishermen, someone was there to show them how to skin and fillet a catfish.

Other Outdoor Recreation events planned for the near future include the Big Buck Contest, a wildlife photo contest and a managed deer/hog hunt. For more information about these events and others, call 435-8061 at Fort Stewart or 315-5163 at Hunter.

Randy Murray

Sergeant Richard Butler, 1/30th Inf., 2nd HBCT, poses with his first fish of the day, a keeper-size catfish caught during the Soldier Fishing Day event at Stewart's Pond#30, Sept. 26.



FORT STEWART FLAG FOOTBALL STANDINGS

Rocky Conference

	Team	Wins	Losses	Win Pct.
1.	1/76 FA	4	0	1.000
1t.	632nd MAINT CO	2	0	1.000
1t.	A Co 4-3 BSTB	1	0	1.000
4.	A CO 1/41 FA	4	1	.800
5.	B TRP, 6/8 CAV	2	1	.666
6	HCB 1/41 FA	5	3	.625
7t.	A CO 1/41 FA	4	4	.500
7t.	CO 3/15 IN	2	2	.500
9.	DINING FACILITY	2	3	.400
10.	G 1/41 FA	1	3	.250
11.	HHC 1st BDE	1	4	.200
12.	B CO 1/41 FA	0	6	.000

Atlantic Conference

	Team	Wins	Losses	Win Pct.
1t.	A Co. 703rd	2	0	1.000
1t.	A Co. 3D BSB	2	0	1.000
1t.	B Co. 3/15 IN	2	0	1.000
4t.	3 SB	0	2	.000
4t.	HHC 1-30 IN	0	2	.000
4t.	C Co. 703rd	0	2	.000

Marne Conference

	Team	Wins	Losses	Win Pct.
1t.	92nd ENG	2	0	1.000
1t.	24th ORD CO	2	0	1.000
1t.	HHC 2ND BDE	2	0	1.000
1t.	WTU/MEDDAC	1	0	1.000
1t.	92ND CHEM	1	0	1.000
6.	HHC USAG	1	1	.500
7t.	DIVISION STB	1	2	.333
7t.	549th MP CO	1	2	.333
7t.	1/64 AR	1	2	.333
7t.	934th EN BN	1	2	.333
11t.	15 ASOS	0	2	.000
11t.	554th EN CO	0	3	.000
11t.	A CO 3/7 IN	0	3	.000



TIME OUT! Soldiers, not athletes, are the true heroes

Jennifer Hartwig
Fort Stewart Public Affairs

With the upcoming deployment of a majority of our 3rd ID Soldiers, I'm reminded of how easily we throw around the word "hero," and how we often refer to the wrong kind of actions as "heroic."

Too often we refer to athletes as our heroes. When Albert Pujols hits a walkoff homerun, or Tom Brady leads a game-winning march down the field with two minutes left, we hail them as heroes.

We envy them, we want to be like them, and we make the mistake of

calling them heroes.

It's fine to look up to athletes, to revere them even, but we also have to remember that what athletes do is play a game.

A true hero is someone who puts his or her life aside to help others, who unselfishly gives of themselves for others... not someone who hits 40 homeruns or runs for 1,200 yards in a season. Over and over again, sportscasters call a play at the end of the game "heroic," but throwing a touchdown with 30 seconds left in the game isn't heroic – signing up for the military in war time is heroic.

There likely are some athletes who

are heroic. But the reason they are heroic is not because of what they do on the field, but what they do off of it.

I will throw out a name that all of you are undoubtedly familiar with – Pat Tillman. While he received accolades that most other Soldiers didn't, it was the camouflaged uniform that he wore – not the Arizona Cardinals uniform – that made him a hero, just as it makes each and every one of you a hero. The fact that he gave up millions of dollars in order to serve his country just made for a better story.

In fact, most athletes are fully aware of who the true heroes are. On Sept. 15, a group of Atlanta Falcons visited

Soldiers of the 3rd Heavy Brigade Combat Team and their Families at Fort Benning.

"Anytime we, as professional athletes, can show our appreciation to the military, we jump at the chance," said Falcons' wide receiver Brian Finneran.

What athletes do isn't life or death – it's just a game, and most people realize that. But we have come to use the word "hero" too often, and it has lost some of its luster.

It is you, the ones who have offered to put your lives on the line so that people like Finneran can play a game for a living, who are real heroes.

WTB

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Training included aquatics-based activities; adapted track; sitting and standing volleyball; power cycling/spinning; and core strengthening.

"Our hope is that through sport clinics, recreation, friendly competition, mentoring activities and networking, Soldiers discover what 'ability' really means," said Kallie Quinn, U.S. Olympic Committee Paralympic Military Program.

Debra Dehart, occupational therapist, Winn WTB, has taken the lead on this initiative to use sports and adaptive sports as a means to improve the physical activity of injured or ill Soldiers in the WTB.

"This program was already in development at Fort Lewis and Fort Campbell, and beginning at Fort Bragg," Dehart said. "Through networking with personnel at these installations and coordination efforts with the

U.S. Military Paralympics Committee Consultant, viable steps were taken to implement a program at Fort Stewart."

Through use of the adaptive sports programs, 3rd ID Soldiers will have additional opportunities to participate in activities to improve team building with new Soldiers they are working with.

"They will also improve physical capacity, develop outlets for stress relief and enjoyment, find adaptive ways to participate in sports for themselves or with their Families and friends, not just sit on the sidelines," Dehart said. "That is why partnering with the U.S. Paralympic Military Committee is so crucial to Soldiers assigned to WTB."

Most of the WTB Soldiers require complex case management, usually for six months or longer, so if Soldiers have a desire to advance their skills and

potentially participate in sports camps or Military Paralympics competitions, then Winn's WTB and the USOC will be there to provide ways to support those efforts, Dehart said.

"Most of our Soldiers hope to return to duty or reclassify into another (military occupational specialty)," Dehart reported. "While in the WTB, they aren't attached to the Soldier or buddies they have come to know and work with for so long and have to start building new relationships during an unusually difficult time in their life and career."

Some believe there are many misconceptions within the military community about Soldiers assigned to the WTB.

"Programs like this are crucial to the recovery process for these Warriors," Dehart said. "At any time, any Soldier of any rank could find him or herself in

the position of needing the services of the WTB – we just have to be supportive of every opportunity to make these Warriors shine."

And that is exactly the objective of Winn's WTB staff.

"Our goal is to provide the proper resources to promote the maximum return to function and promote the Soldiers' goal of returning to active duty, reclassifying, or separating from the military to serve their community as a veteran," Dehart said.

As a result of the training, Winn's WTB staff will now begin to train other cadre within the battalion to begin preparation for full implementation of the Enhanced Physical Training program in the upcoming weeks.

"The program will be easily modified to the medical or physical conditions of the

Warriors, yet promote increased physical activity and healthy lifestyles, improved camaraderie, confidence and competition," Dehart said.

Occupational therapists will coordinate with other health care professionals, including the physical therapists and physicians, to establish a "positive profile" that will help the cadre understand what activities the Soldier could participate in safely.

Through use of the adaptive sports programs, Soldiers will have additional opportunities to participate in activities to improve team building with new Soldiers they are now working with, improve physical capacity, develop outlets for stress relief and enjoyment, find adaptive ways to participate in sports for themselves or with their families and friends, and not just sit on the sidelines.